

July 10, 2020

FLORIDA DEPARTMENT OF HEALTH IN OKALOOSA COUNTY URGES PUBLIC TO TAKE HEAT SAFETY PRECAUTIONS

Contact:

Allison McDaniel

Allison.mcdaniel@flhealth.gov

850-344-0572



FORT WALTON BEACH, Fla.— The Florida Department of Health in Okaloosa County (DOH-Okaloosa) urges residents and visitors to take precautions to stay healthy and safe during extremely hot temperatures. The National Weather Service (NWS) has issued a Heat Advisory in effect from 11:00 a.m. to 6:00 p.m. Heat index values from 108 to 112 are expected. Due to the prospective conditions, DOH-Okaloosa wants residents and visitors to be proactive and ready to beat the heat.

Extreme heat can be the cause of serious health problems if individuals do not take the proper precautions. The best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

"It is important to take actions to prevent any heat-related illness," stated Dr. Karen Chapman, Director of the Florida Department of Health in Okaloosa County. "Elderly people are more prone to be affected by extreme heat than others, but heat-related illnesses can affect anyone subjected to high temperatures for an extended period of time."

Protect yourself with these helpful tips:

- Stay hydrated with water; avoid sugary and alcoholic beverages
- Wear lightweight, light colored and loose fitting clothing
- Stay cool in an air conditioned area
- Avoid engaging in strenuous activities during peak hours
- Take a cool shower or bath
- Stay tuned in to local weather reports

Know the warning signs of heat-related illness:

- Extremely high body temperature (above 103°F)
- Weakness, dizziness or fainting
- Unusually elevated heart rate
- Fast and shallow breathing
- Nausea or vomiting
- Muscle cramps

For more information about the health and safety precautions during extremely hot temperatures, residents and visitors are encouraged to contact DOH-Okaloosa at (850) 833-9247 or visit www.healthyokaloosa.com.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

###